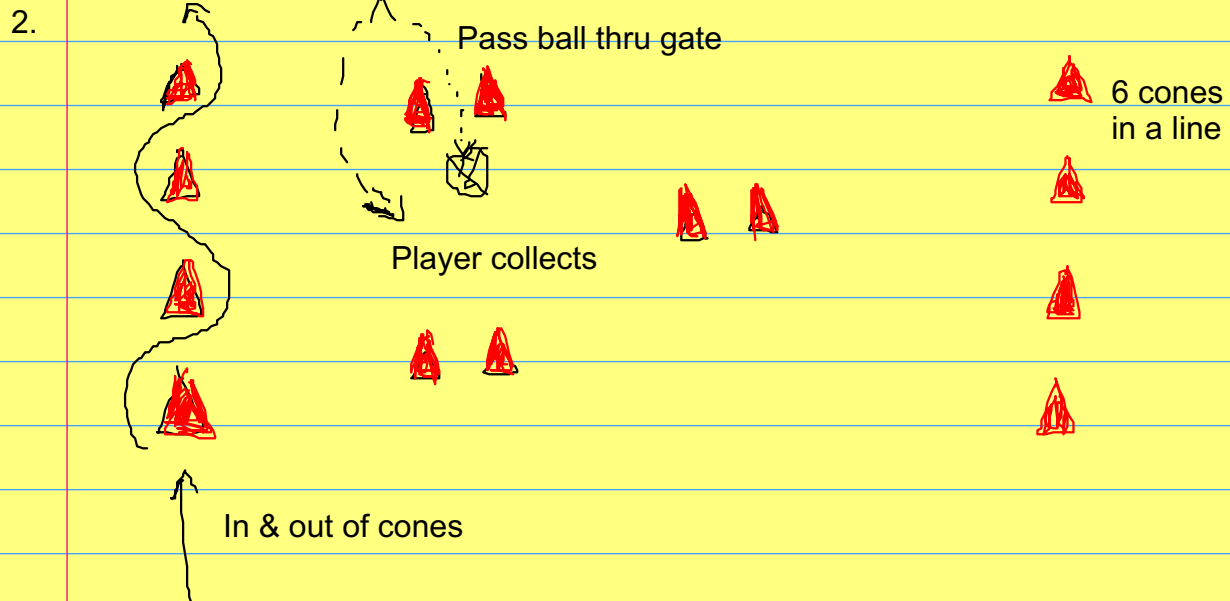
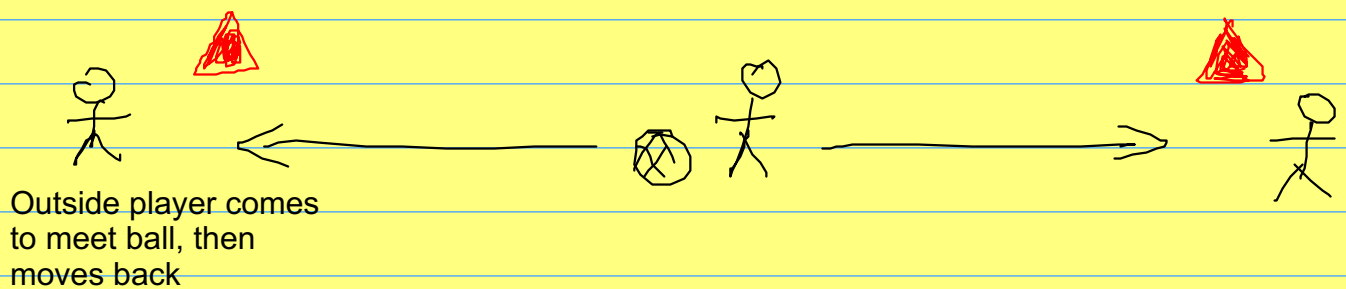


T4 Programme - Control

1. Every player with a ball and moving round scattered cones.
Encourage close control, head up and inside/outside of both feet.

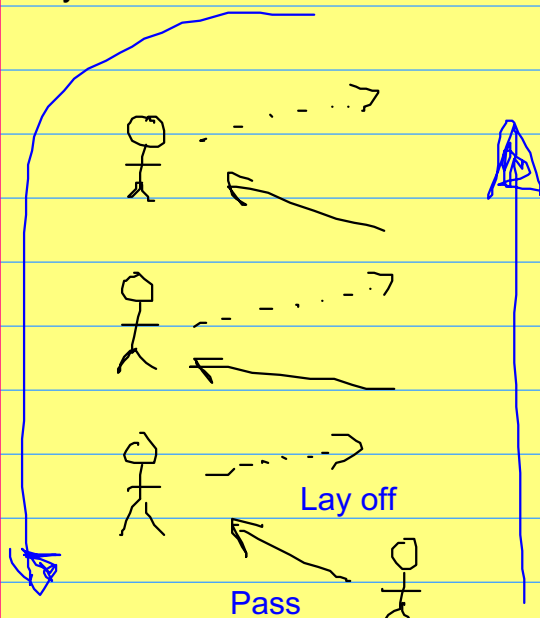


3. Control & 1 Touch



4. Same layout as 3., but middle player throws or chips ball to outside players to control 1st time and pass back.

5. Lay off



Player with ball must pass it to the closest player, move forward to receive it back play it to the next player and so on.

Emphasis on 1st touch
Communication
Vision, awareness
Anticipation of direction of pass

6. 7-a-side game. First 10mins coaching skills learned earlier